

YOGA/THERAPEUTIC MASSAGE

YOGA is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable, loose-fitting clothes and bring a yoga mat to sit on. Pilates is designed to build and strengthen the body's core stability. The powerhouse includes the spine, abdomen, back muscles, gluteus, inner/outer thighs, quads, and hamstrings.

Yoga MONDAY PM

Day: Mondays
 Date: Session I: January 4 - March 1
 Session II: March 8 - May 3
 Time: 5:30 p.m. - 6:45 p.m.
 Fee: \$70 per person or \$12 per day
 Age: 18 & older
 Location: Activities House



Yoga TUESDAY PM

Day: Tuesdays
 Date: Session I: January 5 - March 2
 Session II: March 9 - May 4
 Time: 5:30 p.m. - 6:45 p.m.
 Fee: \$70 per person or \$12 per day
 Age: 18 & older
 Location: Activities House

Yoga WEDNESDAY AM

Day: Wednesdays
 Date: Session I: January 6 - March 3
 Session II: March 10 - May 5
 Time: 8:45 a.m. - 9:45 a.m.
 Fee: \$70 per person or \$12 per day
 Age: 18 & older
 Location: Activities House

Yoga THURSDAY PM

Day: Thursdays
 Date: Session I: January 7 - March 4
 Session II: March 11 - May 6
 Time: 1:00 p.m. - 2:00 p.m.
 Fee: \$70 per person or \$12 per day
 Age: 18 & older
 Location: Activities House

Yoga FRIDAY AM

Day: Fridays
 Date: Session I: January 8 - March 5
 Session II: March 12 - May 7
 Time: 8:30 a.m. - 10:00 a.m.
 Fee: \$70 per person or \$12 per day
 Age: 18 & older
 Location: Activities House



Save 20% on the second class when you register for any two of the above classes in the same session. No classes February 15, 16, 17, 18, 19 or April 5, 6, 7, 8, 9

PILATES THURSDAY PM

Day: Thursdays
 Date: Session I: January 7 - March 4
 Session II: March 11 - May 6
 Time: 5:30 p.m. - 6:30 p.m.
 Fee: \$70 per person or \$12 per day
 Age: 18 & older
 Location: Activities House



ADULT FITNESS

This program is designed to teach injury prevention by strengthening the areas of the body that are stressed during tennis (shoulders, elbows, wrists, knees). Focus will be on cardiovascular fitness and proper nutrition. Bring towel and a water bottle!

Day: Monday - Friday
 Date: Session I: January 4 - 8
 Session II: January 11 - 15
 Session III: January 18 - 22
 Session IV: January 25 - 29
 Session V: February 1 - 5
 Session VI: February 8 - 12
 Time: 8:15 a.m. - 9:15 a.m.
 Fee: \$25 per person or \$6 per day
 Age: Adult
 Location: Kiwanis Center



THERAPEUTIC CHAIR MASSAGE

This particular style of chair massage is based on a traditional Japanese acupressure sequence that in 15 minutes includes the neck, shoulders, back, arms, hands, and scalp. Preregistration is required!

Day: Mondays, Wednesdays, Thursdays
 Date: Beginning August 3
 Time: 5:30 p.m. - 9:00 p.m.
 Fee: \$1 per minute based on a minimum of 15 minutes
 Age: 18 & older
 Location: Activities House

*All participants are required to preregister two days in advance of the date in which they wish to participate.



Certified Licensed Therapeutic Massage Therapist

770.716.4320

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